



The *SAIL* Messenger

A monthly publication from SAIL-Supporting Active Independent Lives



Volume V, Issue 7
July 2009



Dr. Henry Hart

SAIL's Spring Brunch and Volunteer Recognition With Special Guest Henry Hart

Olbrich Botanical Gardens provided the perfect backdrop for our quarterly get-together, this time a brunch, catered by Cranberry Creek Café.

June Weisberger discussed the completion of the Personal Memoirs Project's handout and an upcoming workshop. Connie Blanchard talked about the Non-fiction Book Group (see back page for more info). Our generous and hard working volunteers were thanked and honored for "creating a better world, a better SAIL, one person and one act of kindness at a time."



Barb Winter, Corrine Cohn, Laura Adell, and Carol Brown

Guest speaker Henry Hart, gave an informative slideshow presentation about the harmful effects of the human impact

(Continued on page 2)



Ask Alan: Your Questions for our Personal Health Coach

Alan Lukazewski, SAIL Personal Health Coach and Pharmacist, Oakwood Village West

"What is the difference between B12 sublingual and the regular tablet?"

The "under the tongue" pill tastes pleasant, but I wondered if there is some difference in absorption?"

Alan says, "There is no evidence that suggests sublingual is of any benefit. Oral doses are proven to be as effective in most instances of deficiency. The dose should be higher than usual in older adults to account for the natural decline in oral absorption seen with aging. However, certain drugs such as Prilosec are shown to reduce absorption of B12 due to the reduction in stomach acidity. One must be aware of this. I recommend oral doses of 500 to 1000 mcg for older adults. This is inexpensive and readily available."

SAIL is a nonprofit membership organization of people 55+ who reside in the Madison area. SAIL members wish to remain active, independent, in their own homes, and socially connected, and have found that navigating the many changes brought on by age is much easier with the resources offered by SAIL.

Inside This Issue

Note from the Director - Page 2

Upcoming Programs and Events - Page 3

New Vendor - Page 3

Spotlight on a SAIL Member - Page 4

News, Info, and Thanks - Page 5

Monthly SAIL Member Meetings - Page 6



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SAIL is a program of the
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(MACCC) in collaboration
with Attic Angel
Association, Home Health
United, HospiceCare Inc.
and Oakwood Lutheran
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July Notes from SAIL's Program Director

Ann Albert



SAIL's Member Advisory Group (MAG) continues to identify important ways for us to reach out to members beyond the benefits included in your membership. Volunteer members of MAG are deeply concerned about the social needs of fellow members and are pleased to announce the endorsement of the new *SAIL Connections Group*. Long discussions have centered around some key issues affecting many older adults: isolation due to the passing of or relocation of good friends; lack of family support due to either family living out of town or not having any living family members; feeling home bound due to the decision to stop driving; and/or loss of the traditional "neighborhood." These issues, whether sudden or long-term, can make healthy aging at home a challenge.

The good news is that an effort is underway to help resolve these all-too-common issues and improve the social connections of SAIL members! Our lead volunteers in this effort, Lois Curtiss, Dorothy Batt, Jack and Joan Hafner, invite you to attend the first Connections gathering at the Curtiss home. The group will talk about ways to help bolster your and your fellow member's sense of belonging and security. We invite you to attend this informal meeting where you can enjoy connecting with other members. If you cannot attend but wish to assist, call Lois Curtiss directly. See page 3 for details.

SAIL's Spring Brunch *(Continued from page 1)*

on the climate. Dr. Hart's presentation was the catalyst for a stimulating discussion about what can be done here in Wisconsin to save us from further negative consequences.

SAIL member Jean Sweet informed us that she and Charlie joined a small group of neighbors to explore ways to improve the environment with guidance from the Madison Environmental Group. The Sweets reduced their energy consumption by 50%! SAIL is working to bring a representative from this Group to a future SAIL event. A worthwhile endeavor!



Henry Hart, June Weisberger,
and Connie Blanchard

Many thanks to Jeff Tewes from BrightStar Healthcare for donating gifts of appreciation to our volunteers. And thanks to all who attended!

Upcoming Programs and Events

Get Connected With Fellow SAIL Members

Monday, July 13, 2009 at 1:30 p.m.

Lois Curtiss residence, 6317 Keelson Drive, Madison

Call 233-0638 to RSVP or for directions

Many of our members have voiced an interest in making connections with other SAIL members, whether through visits, afternoon card or board games, telephone calls, or carpooling to SAIL events. See "July Notes from SAIL's Program Director", p. 2.



SAIL Members Lunch Bunch

Tuesday, July 21, 2009 at 11:30 a.m.

The W Grill at the University Ridge Golf Course

9002 County Road PD, Verona

Come join fellow SAIL members for lunch and conversation at University Ridge Golf Course's own "W Grill." Great prices, fantastic view, and a wonderful atmosphere. RSVP by Monday, July 19 by calling Marion Anderson at 274-7802. Let her know if you will be needing transportation assistance. If you decide you cannot make it after RSVPing, please be sure to call and let us know so we do not wait for you.

Sign Up Today for Active Care

August 4 to September 29, 2009. Tuesdays and Thursdays from noon to 1:00 p.m.

Lunch talks immediately follow each Thursday's class.

Active Care is an eight week program available to SAIL members, focusing on fitness, nutrition, and maintaining personal health. Participants meet with Stephanie Ehle, a certified personal trainer, in the Oakwood fitness room twice-weekly. Lunch talk topics for discussion are fall prevention, memory health, and non-medication alternatives to managing chronic conditions. The fee for this 8-week program is \$175, Call 230-4321 by July 24 to register.



Wellness All Year 'Round

Sometimes with our busy summer schedules and the abundant supply of fresh fruit and veggies, we postpone our normal fitness activities. We hope you continue with yours or, if you

haven't begun yet, we hope you'll consider starting now! The Oakwood Active Care program is a wonderful way to do this and the next session begins August 4th. Or, perhaps you'd like to take advantage of a healthy discount at Harbor Athletic Club! During the months of August and September, you are invited to attend any classes at Harbor free of charge. Just call the SAIL office for more information on either of these wonderful options!

Attic Angel Continuing Education

Continuing Ed takes a break during the summer, but will begin again after Labor Day.



SAVE THE DATE!

SAIL's 3rd Annual

Midsummer Night's

Celebration

on the evening of

August 13, 2009

at Attic Angel Place

Invitations will be

mailed soon. Mark your

calendar!

Sunday Oakwood Village West Movie



Escape 2 Africa

July 26, 2009

1:00 p.m.

Oakwood Village West

Auditorium

Admission free for

SAIL members.

Subtitles available.

Free popcorn!

Our Volunteers Are Gold to Us!



Barb Gessner and Alice Punwar



Marion Anderson, Donna Marx, and Jeannine Nusbaum



Jalam Punwar and Martha Christensen



Herb Hellen and Nancy Hart-Hernandez

Spotlight on a SAIL Member: Sue Goldstein

By Patricia Krueger, SAIL Member



Sue Goldstein with Pat Krueger

Sue Goldstein is a warm vibrant woman who has wonderful stories to tell of her life experiences.

Her grandparents were Jewish immigrants from eastern Europe. A native New Yorker who has spent most of her life in Wisconsin, Sue was married to a man from the Bronx who came to the UW for his Master's degree and Ph.D. After he earned his Ph.D Sue followed him around the country. When they lived on the eastern shore of Maryland

they were divorced, and Sue brought their two children back to Madison in 1979. She knew the schools were good here and that it was a nice place to live and to raise kids.

Her favorite job is her present one, a real estate agent. She enjoys people. It's like teaching, she says, only with different students and different subject matter. No two days are alike.

Since childhood she wanted to be a teacher. She graduated from Hunter College with a teaching degree in 1961.

Her first teaching job was at P.S. 92 in the east Bronx for two years. During her first year, one of her students was Mitchell Schranz, one of the few Jewish students she had in class. One day for "Show and Tell" he asked if he could write his name on the blackboard in Hebrew. He'd just learned to write in Hebrew and he was thrilled. According to Sue, she "couldn't read it then and can't read it now."

A few years ago Mitchell saw her on *Classmates*, an online website. He wrote and told her that she was his favorite teacher, his best teacher. He had become a rabbi, was in the Navy, and stationed in Iraq. Some time after his return from Iraq he retired from the Navy and invited her to his retirement ceremony as a guest of honor aboard the USS Massachusetts. "Bring your family," he said.

Sue asked her son if he wanted to go and he said, "That's crazy!" Her daughter, on the other hand, accompanied her on the wonderful weekend. "It was amazing."

As she and her daughter were shown to their seats they wanted to sit in the third row. "No, no," Mitchell's wife said, "He wants you in the front row. He's going to honor you."

(Continued on page 5)

News, Information, Reminders, and Thanks

Thank You for Your Referrals

Thank you to Betty Stern for referring our newest members, Jean Theobald. Remember, refer someone who becomes a SAIL member and receive a free month!

Strategic Planning Committee

Many thanks to the SAIL Strategic Planning group, which is now approaching its half-way mark, thanks to our fearless leader, John Schmidt. Our committee includes Alan Lukazewski, RPh and SAIL Personal Health Coach, Carol Brown, retired Public Relations Manager and SAIL member, Cindy Stover owner of Noblelogic and SAIL vendor, and Kelly Fischer, Team Leader

of Health Care Facilities of HospiceCare and president of our Board.



SAIL Volunteers Are the Best!

Thanks to office assistants Jan Rom, Lois Curtiss, Patricia Krueger, and Barb Gessner; to drivers Bette Barnes, Martha Christensen, Johanna Ghei, Howard Kanetzke, Jeannine Nusbaum, Elayne Orr, and Ken Engelman; to MAG participants Sue Goldstein, Carol Brown, John McAnelly, Lois Curtiss, and Jim and Dorothy Batt; and to Personal Profiles Project members Carol Brown, Sue Goldstein, Johanna Ghei, Nancy Winton, and June Weisberger.

Spotlight

(Continued from page 4)

Mitchell talked about what a wonderful teacher she had been and how she had influenced his life. “It was a wonderful experience,” Sue said as she added, “You know, children never think their parents have done anything and here was my daughter hearing this.”

Sue’s parents were her teachers and role models. Her mother did a lot of volunteer work. Today Sue volunteers for SAIL and Jewish Social Services. She’s proud that her daughter also does volunteer work.

Her personal motto, a beacon for her life, came from a card she picked up while she was in high school. “I expect to pass through this world but once. Any good that I can do, or any kindness I can show to any fellow-being let me do it now. Let me not defer or neglect it. For I shall not pass this way again.”

This is just the tip of who Sue Goldstein is. Talk to her; you’ll enjoy hearing her stories.

We would like to thank Pat Krueger for taking the time to interview Sue this month and to welcome her to the SAIL Messenger volunteer staff! Look for more “Spotlight” articles from Pat in future issues. Also let us know if you would like to be a contributor to the Messenger.

Join SAIL today and enjoy these benefits tomorrow!

- Access to Pre-screened Vendors
- Basic Computer Assistance
- Personal Health Coaching
- House Checks While You are Away
- Information and Referral
- Mattress Flipping
- Monthly Newsletter
- MSCR and Harbor Athletic Club Discounts
- One Monthly Statement for All Services
- One Phone Number to Call
- Rise and Shine Daily Check-in Service
- SAIL S.O.S. Discount
- Transportation Arrangements
- Volunteer Opportunities
- 35% Discount on Home Health United Medical Equipment
- Free 12 month subscription to Lifestyles magazine

Contact Us Today!

230-4321

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SAIL—Supporting Active Independent Lives
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Madison WI 53705

Phone: 608-230-4321
E-mail: info@sailtoday.org

Non-Profit Org
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Permit #1980
Madison WI



Monthly SAIL Member Groups

Member Advisory Group (MAG) Meeting

Tuesday, July 14, 2009, 1:00 to 3:00

Home Health United Building, 4639 Hammersley Road

All SAIL members are invited to voice your opinion on future SAIL programs, learn about developments, and give feedback about SAIL.

SAIL Tuesday Book Group

The Tuesday Book Group will begin again in September. Check the August *Messenger* for title of book and date of next meeting. Have a good summer! For those of you who would like to join the Tuesday Book Group, September would be the perfect time to join! If you would like a list of the books read so far, call the SAIL office at 230-4321 and we will mail or e-mail you the list right away.



SAIL Non-Fiction Book Group

The Non-Fiction Book Group is taking a brief break during July. Check the August *Messenger* for the date of the next meeting. The next book to be discussed is *Tried by War*, by James McPherson. *Tried by War* illuminates how Lincoln worked with—and often against— his senior commanders to defeat the Confederacy and create the role of the role of commander in chief as we know it.